

PERSONALIZED AND PREVENTIVE HEALTHCARE



MCS | care clubs

PREVENTIVE HEALTHCARE PROGRAM

At MCS, our priority is our insureds' health and wellness. That is why we are reinventing ourselves every day to provide the highest quality products and services to meet your needs. With this in mind, we have developed and established a new preventive healthcare program through our **MCS Care Clubs**.

The preventive healthcare program is aimed at establishing a participant profile that:

- Identifies health risk factors in a timely manner.
- Reduces health risk factors through lifestyle changes and immunization.
- Prevents the occurrence or progress of an illness, promoting early and appropriate care of high prevalence chronic conditions such as diabetes, hypertension and asthma.

This annual service consists of 2 visits:

- During the **first visit**, the insured, 18 years of age or older, will complete a Health Risk Assessment (HRA), including a medical exam and preventive tests that correspond to the patient's age, gender and risk factors.
- During the **second visit**, the participant will receive an individualized care plan that describes the patient's current health status, along with actions and recommendations for maintaining optimal health.



PROGRAM COMPONENTS

- Physical Exam
- Blood Pressure
- Body Mass Index (BMI)
- Current and Family Health History Assessment
- Behavioral Risk and Lifestyle Assessment
- Toxic Habits Assessment
- An Order for Tests and Preventive Studies (as applicable)
- Vaccination Status
- Depression Assessment

Initial Visit

- Perform Ordered Laboratory Tests and Studies

Ordered Tests

- Discussion of Laboratory and Study Results
- Individualized Healthcare Plan
- Education and Counseling
- Referrals to your Primary Physician to address chronic conditions or findings

Discussion of Findings and Care Plan



CLINICAL ASSESSMENT AND COUNSELING INTERVENTIONS

Intervention	Women	Men	Criteria
Blood Pressure Assessment	X	X	
Diabetes Assessment	X	X	Ages 35 to 70, or according to risk factors
Cholesterol Assessment	X	X	According to risk factors
Alcohol Use Counseling	X	X	
Obesity Assessment (IMC) and Counseling	X	X	
Assessment and Counseling to Quit Smoking	X	X	Counseling for smokers
Adult Depression Assessment	X	X	
Sexually Transmitted Disease (STD) Counseling	X	X	According to risk factors

NOTA: For those aforementioned services not rendered as preventive as provided by law, the corresponding copayment or coinsurance will be applied according to the contracted group coverage. Copayments/coinsurance may apply for some services not detailed in this document.



LIST OF MCS CARE CLUBS

Clínica las Américas, Bayamón (Salus)

#1 Casa Linda Ave, Suite 101, Carr. 177
Los Filtros KM 2.0 Bayamón, PR 00959
Monday to Friday 7:00 a.m. - 6:00 p.m.
Saturday 8:00 a.m. - 3:00 p.m.
787.789.1996

Clínica las Américas, Carolina (Salus)

Carr. 190, Km. 1.8, Sábana Abajo (Next to UAGM)
Monday to Friday 8:00 a.m. - 5:00 p.m.
Saturday 7:30 a.m. - 12:00 p.m.
787.789.1996

Wellness Alliance

Centro Internacional de Mercado, Torre 2
90 Carr 165, Suite 504,
Guaynabo, PR 00968-8058
Monday to Friday 7:00 a.m. - 4:00 p.m.
787.708.6777 / 787-708-6778 / 787-567-3607

Salus, Ponce

Torre Sofia 1825, Calle Navarra
Ponce PR 00730 (Office 301, Third floor)
Monday to Friday 7:30 a.m. - 5:30 p.m.
787.789.1996

Clínica las Américas, San Juan (Salus)

400 Ave. FD Roosevelt Suite 101-103,
San Juan, PR 00936
Monday to Friday 8:00 a.m. - 5:00 p.m.
787.789.1996



A **NEW**
PERSONALIZED
AND PREVENTIVE HEALTHCARE
EXPERIENCE





Salud Completa

1.888.758.1616



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